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News Release

Calgary Counselling Centre highlights the hidden side of Domestic Abuse

Calgary, AB – Oct. 11, 2007 –. Today's report released by Statistics Canada on family violence in Canada identified the often hidden side of domestic abuse that occurs in families such as emotional and financial abuse and controlling behaviour. Emotional and financial abuse by spouses were identified by Statistics Canada as often being precursors to physical violence in a relationship --- including homicide.

Robbie Babins-Wagner of the Calgary Counselling Centre agrees: "Seemingly simple acts such as being called names or being put down are actually some of the strongest predictors of spousal violence," confirms Babins-Wagner, CEO of the Centre. "These behaviours are so often the precursors to physical abuse and people often don't even realize that what they are experiencing is actually a form of abuse. The good news here is if people get help early, physical abuse can often be avoided."

The study identifies the following behaviours as being emotionally abusive:

- Limiting contact with family or friends,
- Putting their partner down and calling them names to make them feel bad,
- Being jealous and not wanting their partner to talk to other men/women,
- Harming or threatening to harm someone close to them,
- Demanding to know who they are with and where they are at all times, and/or
- Damaging or destroying their possessions or property.

Statistics Canada measured financial abuse by asking the respondents whether their partner prevents them from having access to the family income even when they ask.

"We at the Calgary Counselling Centre are working hard to educate people about what it means to be abused, and this report goes into that in detail," says Babins-Wagner. "The more people who are aware that they are being subjected to abuse, the more people can seek help through a counselling centre such as ours and hopefully solve the problems in a relationship before that relationship becomes physically abusive."

For more information about how the Calgary Counselling Centre can help victims of domestic violence, please contact the Centre, in confidence, at (403) 265-4980 or visit www.calgarycounselling.com.

-30-

For more information, or to arrange an interview, please contact:

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Calgary Counselling Centre is a registered charitable organization, and the leading research and knowledge-based counselling facility in Canada. Since 1962, the Centre has been committed to providing compassionate, professional and affordable counselling services that help build better lives for Calgarians through positive outcomes. Offering service in over 15 languages, the Centre is also a recognized leader in the treatment of family violence, depression, self esteem and eating disorders. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community. The Centre's fee structure is based on income - no one is turned away for an inability to pay.

